

















SERVING SIZE CARD:

Cut out and fold on the dotted line. Laminate for longtime use.

1 Serving Looks Like . . . GRAIN PRODUCTS 1 cup of cereal flakes = fist  1 pancake = compact disc  $\frac{1}{2}$ cup of cooked rice, pasta, or potato = $\frac{1}{2}$ baseball  1 slice of bread = cassette tape  1 piece of cornbread = bar of soap 	1 Serving Looks Like . . . VEGETABLES AND FRUIT 1 cup of salad greens = baseball  1 baked potato = fist  1 med. fruit = baseball  $\frac{1}{2}$ cup of fresh fruit = $\frac{1}{2}$ baseball  $\frac{1}{4}$ cup of raisins = large egg 
1 Serving Looks Like . . . DAIRY AND CHEESE $1\frac{1}{2}$ oz. cheese = 4 stacked dice or 2 cheese slices  $\frac{1}{2}$ cup of ice cream = $\frac{1}{2}$ baseball  FATS 1 tsp. margarine or spreads = 1 dice 	1 Serving Looks Like . . . MEAT AND ALTERNATIVES 3 oz. meat, fish, and poultry = deck of cards  3 oz. grilled/baked fish = checkbook  2 Tbsp. peanut butter = ping pong ball 

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